

combining said *Plantago major* and said additive to formulate a composition
which diminishes tobacco consumption while diminishing the odor
characteristics of tobacco; and
orally administering said composition to a human

19. (New) A method according to claim 18, wherein the oral administration is carried
out through a spray.

20. (New) A method according to claim 18, further comprising formulating said
composition into a liquid.

21. (New) A method according to claim 18, further comprising forming said
composition into an orally dissolvable tablet.

22. (New) A method according to claim 18, where preparing a compound comprising
Plantago major includes preparing said compound homeopathically.

23. (New) A method according to claim 18, where preparing a compound comprising
Plantago major includes preparing said compound through alcohol extraction.

24. (New) A method according to claim 18, where preparing a compound comprising
Plantago major includes preparing said compound through water extraction.